

## If someone in your home develops flu symptoms

(sore throat, fever, cough, runny nose, muscle aches, vomiting and diarrhea):

- ✓ Stay away from work and school;
- ✓ Drink plenty of fluids.
- ✓ Keep the ill person as comfortable as possible. Rest is important.
- ✓ Do not use aspirin; use panadol;
- ✓ Sponging with tepid (wrist-temperature) water lowers fever only during the period of sponging. Do not sponge with alcohol.
- ✓ Keep tissues and a trash bag for their disposal within reach of the patient.
- ✓ All members of the household should wash their hands frequently.
- ✓ Keep other family members and visitors away from the person who is ill.
- ✓ Contact a healthcare provider for further advice.
- ✓ If the ill person is having difficulty breathing or is getting worse, contact the healthcare provider right away.

*If you have questions, please contact the Nurse at the Health Centre or your Doctor.*

*Further Information is also available at : [www.cdc.gov/flu/swine/key\\_facts.htm](http://www.cdc.gov/flu/swine/key_facts.htm)*

## REMEMBER...



**WASH  
YOUR  
HANDS**

**Stop the spread of germs that make you and others sick!**



**Cover  
your  
Cough**